



News Release



Shelby County Health Department

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CHILD HEALTH WEEK BEGINS TODAY

MEMPHIS – Governor Bill Haslam declared Oct. 7-11 as Child Health Week which was first celebrated as a national event in 1928 by President Calvin Coolidge.

This year's theme, "A Healthy Tennessee Begins with a Healthy Me," emphasizes the importance of children's well-being and the future of Mid-South communities.

"Promotion of healthy lifestyles and practices of children in Shelby County will hopefully reduce the burden of health concerns, such as asthma, childhood obesity and infant mortality," said Michelle Taylor, M.D., maternal and child health physician at the Shelby County Health Department (SCHD). "We all must work together to secure a healthier future for the children in our community."

Programs in Shelby County make it easier for parents to help children live healthier lives and prepare for a healthy future. TENNderCare and Children's Special Services ensure children have access to recommended preventive care and resources needed to manage childhood illnesses. Programs and services such as Early Periodic Diagnostic Screening and Treatment (EPSD&T)/Well Child Exams, Pediatric Dentistry, Women, Infant and Children(WIC), Immunization Program, Newborn Screening, Healthy Start and Help Us Grow Successfully (HUGS) help ensure young children get a healthy start on life.

SCHD programs will be at the Benjamin E. Hooks Library (3030 Poplar Ave.) on Wed., Oct. 9 from 10 a.m. to 2 p.m. providing interactive education and outreach activities as well as limited incentives.

Ways to Keep Children Healthy:

- Make your own health a priority—you are your child's best role model.
- Make sure your child gets regular checkups from his or her primary care provider.
- Protect your family from the flu by making sure that everyone gets their flu shots every year.
- Encourage your child to talk to you or an adult they trust if they are sad, nervous or scared.
- Know if anyone in your family is allergic to any medicines or has any health problems. Keep your health records in one place so that you can find them easily.
- Help your child to get a good night's sleep every night.
- Encourage your child to wash their hands often.
- Teach your children to cover their mouth with their elbow when they cough or sneeze.
- Keep your child safe by making sure they are wearing their seat belt and in a proper car seat.
- Have water as your family's primary drink. Limit the amount of sugar-sweetened beverages.
- Encourage children to play or exercise at least 60 minutes every day and join them.
- Eat at least five servings of fruits and vegetables every day.
- Limit screen time (television, computers, video games) to two hours every day.
- Eat meals together as a family.
- Talk to your child and their school about bullying.

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